



AAC Commander's Directive

Implement a standardized physical training program for DEP/DTP in order to enable all soldiers to meet the standard on the PRE-BCT Physical Fitness Assessment required to ship to BCT/OSUT.



U.S. ARMY

Proud to Be Here, Proud to Serve



The Standardized PT Program

Standardization is accomplished through the universal application of uniformed practices and procedures (AR 34-4, Army Standardization Policy).

1. PT standardization is accomplished through an organized schedule of prescribed physical training activities [AR 34-4, Para 7d.(1)].
2. These activities are methodically sequenced to adequately challenge soldiers entering the Army and provides the appropriate progression for those soldiers entering the Army with lower fitness levels [AR 34-4, Para 7d.(1)].

An Army of One



The Standardized PT Program

- Standardized PT emphasizes progressive conditioning of the entire body [AR 34-4, Para 7e.(1)].
- PT standardization embodies the fundamental components of strength, endurance and mobility.
- Standardized training of these components is guided by the over arching principles of exercise: precision, progression and integration.
- Strict adherence to PT standardization safeguards soldiers by progressively increasing training intensity while controlling injuries [AR 34-4, Para 7d.(3)].



The Recruiter's Role

The role of the Recruiter is to Mentor, Motivate and Monitor the DEP/DTP throughout the program.

The Recruiter's Role

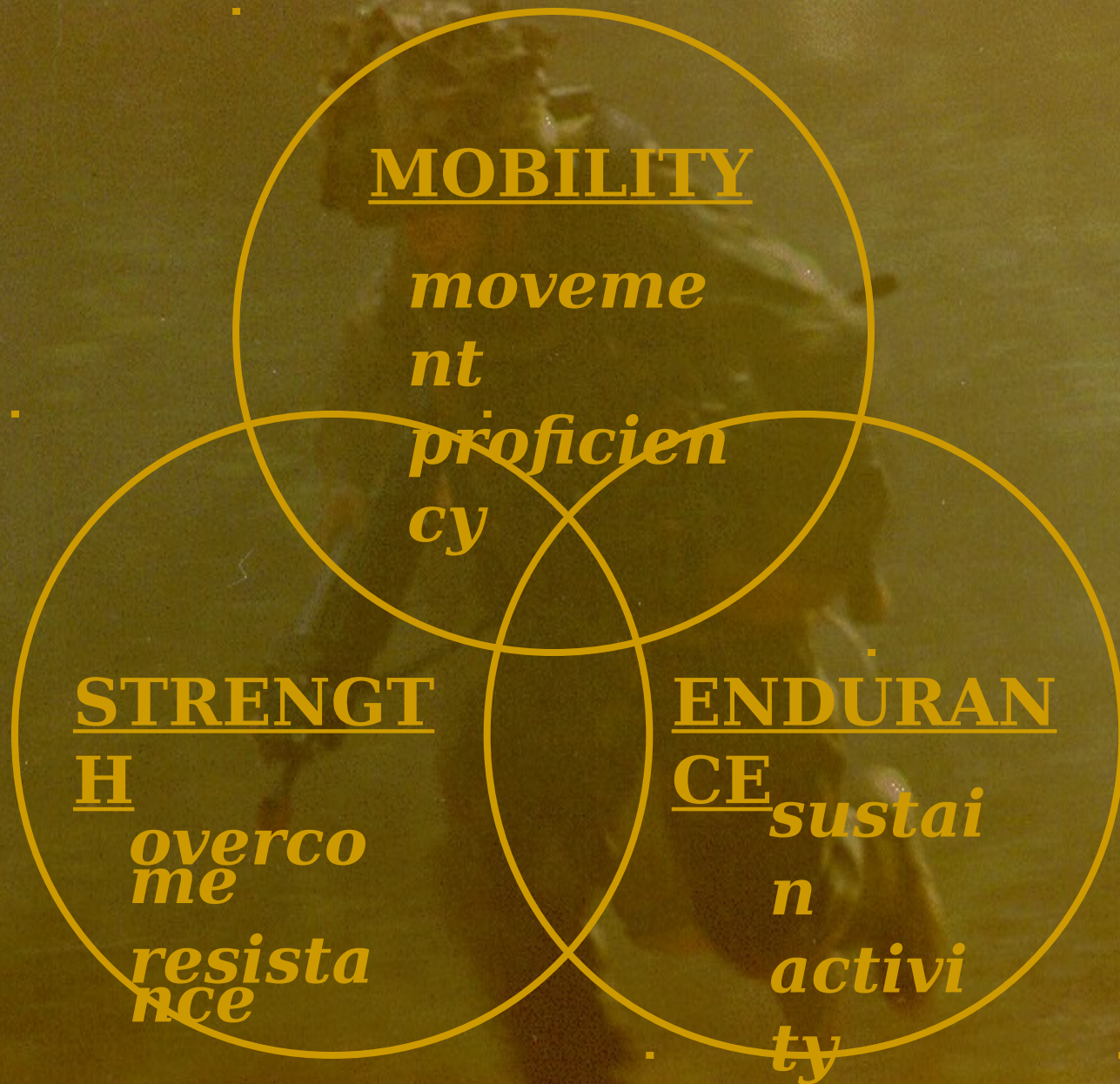
- MENTOR:**
- Teach DEP/DTP Soldiers the benefits of exercise
 - Show DEP /DTP Soldiers how to use the Pre-BCT Standardized PT Guide
 - Be a Positive Role Model

- MONITOR:**
- Administer 1-1-1 Physical Fitness Assessment
 - Administer Body Composition Assessment
 - Assign DEP/DTP Soldier to appropriate PT schedule
 - Check progress in the program

- MOTIVATE:**
- Provide Encouragement
 - Praise Success and Progress

Pre-BCT Program

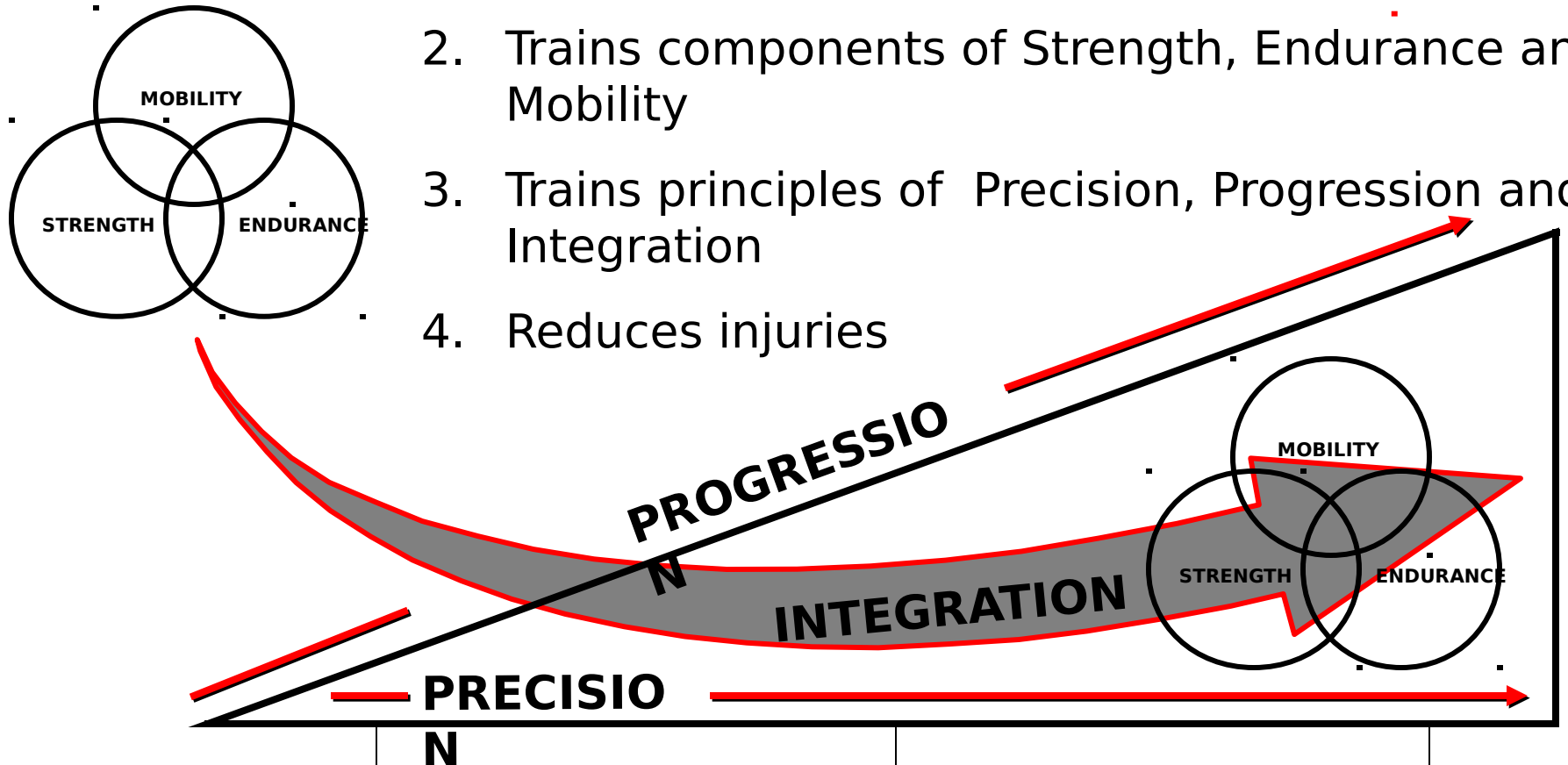
- Prepares DEP/DTP for IET.
- Easily understood and followed.
- Developed in accordance with American College of Sports Medicine guidelines.
- Ensures safety and controls injury.



Components of Physical Fitness

The Standardized PT Program

1. Prescriptive and progressive PT system
2. Trains components of Strength, Endurance and Mobility
3. Trains principles of Precision, Progression and Integration
4. Reduces injuries



Standardized, Rigorous Training Based on Tasks that Must be Accomplished

Standardized Rigorous Training Based on Tasks that Must be

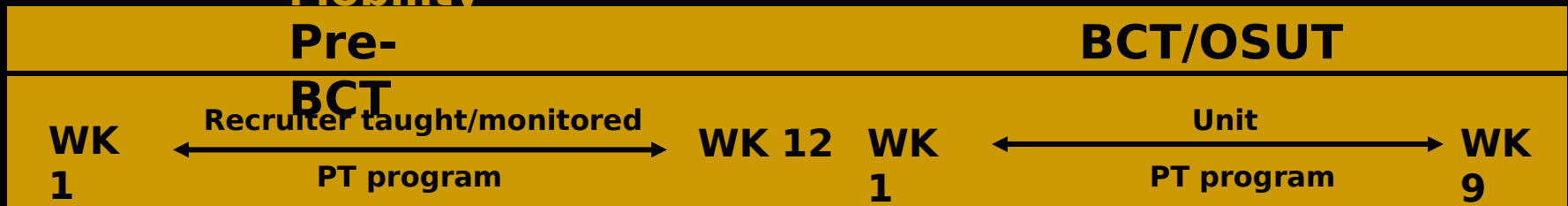


**Prescriptive PT
program
Controls overuse
injuries**

**Focuses on the physical preparation
for BCT**

**Adheres to Precision, Progression and
Integration**

**Trains the components of : Strength, Endurance and
Mobility**



Current BCT

The 1-1-1 physical fitness
Assessment
assessment:

Event	Male	Female
Push-up (1 min)	13	3
Sit-up (1 min)	17	17
1-Mile Run	08:30	10:30

The DEP/DTP that meets or exceeds the above standards has a 95% “Chance of Success” of completing BCT.



U.S. ARMY

Proud to Be Here, Proud to Serve



The Pre-BCT PT program consists of:

1. Warm-up

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Military Movement Drill** **Form Running (Running Mechanics)**

• Activity

- **Conditioning Drill 2 Endurance** **APFT & Pull-up (Strength & Endurance)**
- **Ability Group Run** **Running (Aerobic Endurance)**
- **30:60s** **Speed Running (Anaerobic Power)**

• Cool-down

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Stretch Drill** **Stretching (Mobility)**



U.S. ARMY

Proud to Be Here, Proud to Serve



The Pre-BCT PT program consists of:

1. Warm-up

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Military Movement Drill** **Form Running (Running Mechanics)**

- **Activity**

- **Conditioning Drill 2 Endurance** **APFT & Pull-up (Strength & Endurance)**
- **Ability Group Run** **Running (Aerobic Endurance)**
- **30:60s** **Speed Running (Anaerobic Power)**

- **Cool-down**

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Stretch Drill** **Stretching (Mobility)**



The Pre-BCT PT program consists of:

1. Warm-up

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Military Movement Drill** **Form Running (Running Mechanics)**

• Activity

- **Conditioning Drill 2 Endurance** **APFT & Pull-up (Strength & Endurance)**
- **Ability Group Run** **Running (Aerobic Endurance)**
- **30:60s** **Speed Running (Anaerobic Power)**

• Cool-down

- **Conditioning Drill 1 Management** **Calisthenics (Strength & Body)**
- **The Stretch Drill** **Stretching (Mobility)**

Fill in Month

TRAINING SCHEDULE #1

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
WEEK ONE	WARM-UP: CD 1 & MMD ACTIVITY: Run 15 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 8:30 10:15 11:15 COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (1 set) Walk 15 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: 30:00 (5 rep) COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (1 set) Walk 15 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: Run 15 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 9:30 10:15 11:15 COOL-DOWN: CD 1 & SD	
WEEK TWO	WARM-UP: CD 1 & MMD ACTIVITY: Run 30 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 8:30 10:15 11:15 COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 15 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: 30:00 (5 rep) COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 15 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: Run 30 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 9:30 10:15 11:15 COOL-DOWN: CD 1 & SD	
WEEK THREE	WARM-UP: CD 1 & MMD ACTIVITY: Run 20 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 8:30 10:15 11:15 COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 20 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: 30:00 (7 rep) COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 30 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: Run 20 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 9:30 10:15 11:15 COOL-DOWN: CD 1 & SD	
WEEK FOUR	WARM-UP: CD 1 & MMD ACTIVITY: Run 20 Minutes Male: A B C 7:30 8:15 9:00 Female: A B C 8:30 10:15 11:15 COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 20 Min COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: 30:00 (7 rep) COOL-DOWN: CD 1 & SD	WARM-UP: CD 1 & MMD ACTIVITY: CD 2 10/10/5 (2 sets) Walk 30 Min COOL-DOWN: CD 1 & SD	REST	1-1-1 PHYSICAL FITNESS ASSESSMENT

Fill in Year

Pre-BCT PT Program Benefits

- Enhances physical performance
- Improves health
- Reduces total body fat

Bottom Line:

The Pre-BCT PT program positively affects physical success in IET. The DEP/DTP that meets or exceeds the above standards has a 95% “Chance of Success” of completing BCT.

Adherence to Pre-BCT PT Program

A growing body of scientific research has identified a number of factors that may influence initial participation in an exercise program, as well as, how well someone will adhere to the program over the long term. These factors are commonly grouped into three distinct categories:

- **Personal Factors**
- **Program Factors**
- **Other Factors**

Adherence Factors

- **Personal Factors** include: age, education, occupation, smoker/non-smoker, weight, illness/injury, motivation, self-image and personality.
- **Program Factors** include: convenience, time, intensity, safety, frequency, variety and leadership.
- **Other Factors** include: progress/results, social support, weather and location.

Benefits to the Recruiter

- Standardizes PT for recruiters and new soldiers.
- Improves recruiter fitness.
- Improves DEP/DTP maintenance.
- Increases community awareness, which increases referrals.
- Higher BCT/OSUT graduation percentage.